

Marquette High “Flying” Hilltopper Track Distance Squad Meet Information Sheet

Date: Saturday, May 17, 2014

Meet: South Milwaukee Invitational at South Milwaukee HS
801 15th Ave., South Milwaukee – Stadium is east of the HS

Meet Info: www.pttiming.com

Directions:

Uniform Pick-up: Friday after practice

Departure: 8:30 am – be at school at 8:15 am

Start Time: 10:00 am field/10:30 track

Order of Events: Fr/JV – 4 x 800, 110 HH, 100, 1600, 4 x 200, 400, 4 x 100, 300 IH, 800, 200, 3200, 4 x 400

Projected Finish Time: 1:30 pm

What to bring: Sweat pants, sweat/wind top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes (1/4 exposed pyramid spikes), water, recovery protocol, something to read/school work, lunch, snacks, \$ for food.

Back at MUHS: 2:30pm

| 4 x 800(10:30) | 1600 | 800 | 3200 |
|--|--|---|---------------------------------------|
| FR: Baisden, J Hill, H Hill, Acevedo JV: None | FR: Wexler, Sargent, A Rettke, Sharafinski JV: Lopez, C Sanchez, Jenouri, H Sanchez | FR: Baisden, J Hill, Acevedo, Gamero JV: Giese | FR: None JV: Sjogren |

Breakfast: Eat a light breakfast to help kick-start your metabolism and to help fuel your body. Avoid, sugar, dairy and high protein. Eat foods higher in carbs that are easy to digest. Eg. Wheat toast, bagels, etc. with a small amount of peanut butter, low sugar jelly, etc., pancakes with apple sauce, oatmeal. Chew your food well to aid in digestion. You know best what your body can handle. Drink water. Avoid acidic juices like orange juice. Guys racing later in the day should also have a light, easy to digest lunch.

Notes: 1. This is the final meet of the season. You are expected to stay for the duration and support your teammates.

2. All distance runners will meet on Monday, May 19 from 12:45 pm - 1:00 pm in A1 for a season-ending debriefing. Plan accordingly.

3. Plan to be available (from approx. 3 pm – 8 pm) on Tuesday, May 27 to help as Marquette High hosts the WIAA Regional at Quad Park.